

Phryme

MAGAZINE

"I FOUND MYSELF ALWAYS
DOING LITTLE THINGS TO BE
WITH HER"

— NIKKI, ON SARAH

LIVING IN THE
CITY OF STARS!
ALEXANDER GONZALEZ

IS CHANGING
STUDIES A BAD THING?
BY KENDRICK HOLSMAN

Marites
means
Tuesday

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BLOGS!



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**DIGITALLY
AVAILABLE!**

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"Exclusively on expatriate students!"

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means *Tuesday.*

PRISCILLA, HADASSAH & NAOMI

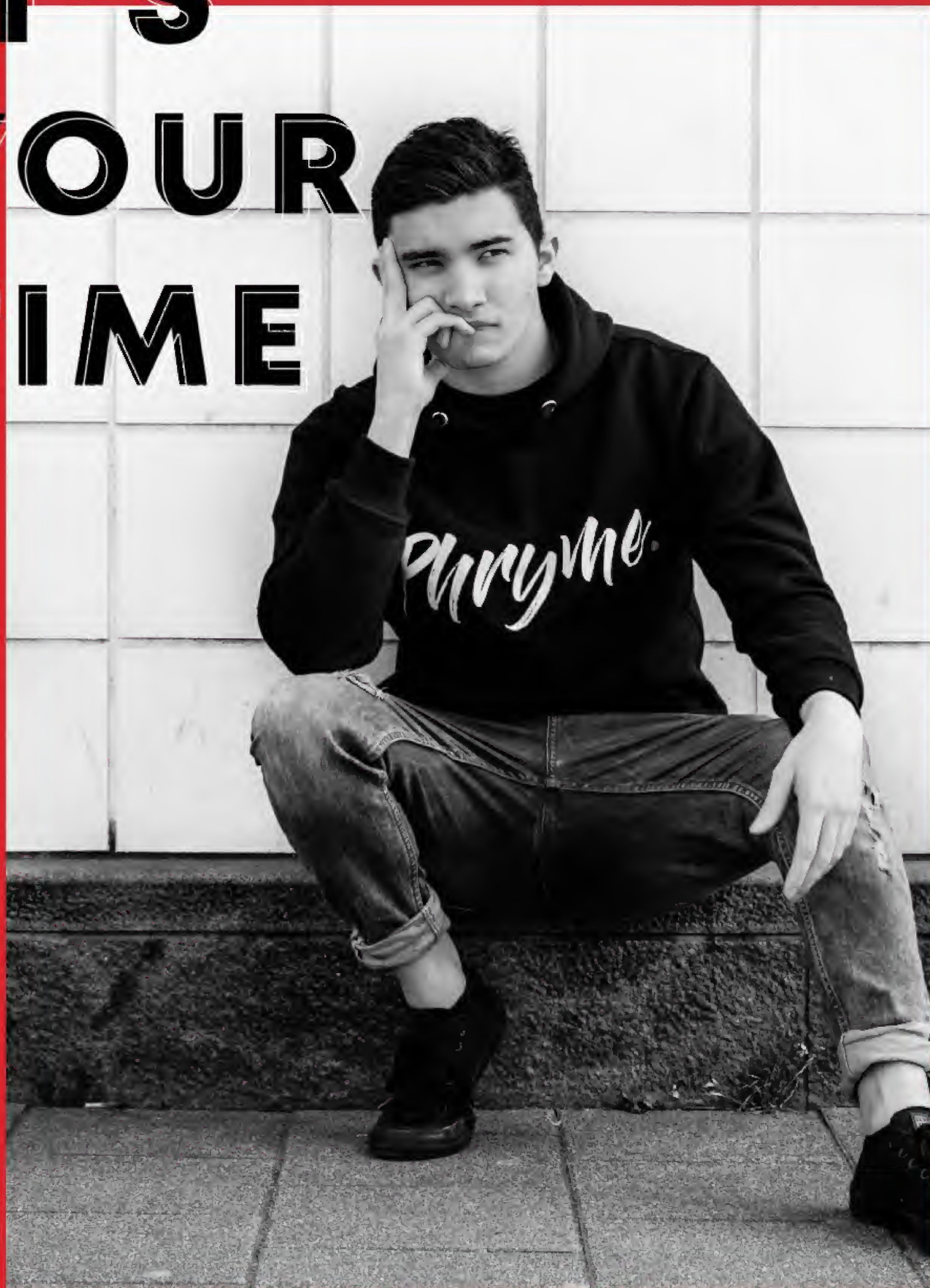
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8

Roaming through *Rome.*

THE STUDENT CITY

Studying in Rome? Have you ever thought about that? If you may or may not be aware, Rome is considered as one of the world's most beautiful ancient cities.

Rome is filled with an unimaginable amount of art, museums, temples and piazzas. In Rome you can find anything ranging from parks and gardens to churches, cathedrals and basilicas. How these factors may all be important into convincing you to pack your bags and move to the capital of Italy, the city has its fair share of wonderful institution where you could spend your next educational journey at. Here are the most known 5!

Those five (5) things you must know are:

001. La Sapienza: the university was founded in 1303 and is considered one of the largest universities in the world with over 140.000 students currently enrolled;

002. Rome Tor Vergata: located on a 600-hectare campus in the south-east of Rome. Tor Vergata offers 106 graduate programs (Bachelor & Master degree) and also 32 PhD courses;

003. Università Campus Bio-Medico Di Roma: established in 1993 with the cultural aim of restoring to the biomedical sciences the value of human life and the person as their central focus;

004. John Cabot University: established in 1972 and an independent, four-year liberal arts university offering undergraduate degrees and study abroad programs to English-speaking students from all over the world;

005. The European School of Banking Management: Strongly specialized in anti-money laundering, the relevant didactic formulas are realized through the "Money Laundering Diploma" Master.

Living in Rome

If you have decided to come to Rome for your next educational endeavors, you will realize that there are not many student residences for scholars. What most Italian scholars and expats do is rent out an apartment. This way it is more convenient to save up on and share overall costs. Most apartments (posto letto) are to be shared between two to three people and for that the costs are maximum two-hundred and fifty euros (250) per person. However, if you want to rent out a single/individual room (camera signola) the room rates vary between three to five hundred euros per month (300-500). The difference in prices varies mostly between what neighborhoods the room/apartment is located in or the size of the apartments.

• WHAT TO DO/VISIT IN ROME?

If you are coming to Rome for leisure/touristic purposes, there are a few things that you just HAVE to see and visit before departing.

The one and only [Colosseum](#). Also known as the Flavian Amphitheater. It was named as one of the 7 wonders of the world. It is the biggest Amphitheater ever built and dates back to as early as 72 AD. Some of the events held were primarily gladiatorial contests, later there were also various public spectacles such as animal hunts, re-enactments of famous battles, executions and some dramas.



Fontana di Trevi: Built in 1761 in the district of Trevi by the Italian architect Nicola Salvi. The Trevi is the largest Baroque style fountain in the city and also one of the most famous fountains in the world. This fountain made its appearance in notable teenage films such as 'The Lizzie McGuire Movie' and 'Sabrina Goes to Rome'.

Piazza Venezia is located (almost) geometrically in the center of Rome. Also known as the central hub of the city because four main roads connect to the square.

Piazza Venezia was named after the Cardinal Venezia who, in 1455, ordered the construction of his Palace (Palazzo Venezia). You can enter the palace and go all the way to the top for less than ten euro's per ticket but you can also just walk up the stairs and take some pictures there for free.

Piazza Navona: another square in Rome that lies on one of the oldest parts of the city. There are three fountains on this square that are fed by the same aqueduct. Back in the 1st century AD. The open space was basically a stadium where the Romans came to watch games.

All in all, the above listed things are not the only universities nor attractions that Rome has to offer, it is a city with a history dating more than 2000 years back, it is no wonder that it is considered as the world's most important and visited cities as well. With over 10 million visitors each year, Rome surely has something new for you to do and see every day.

10

The lifestyle of **VEGAN CHACHA**

Not only did her interest in health lead to her decision to start culinary school, but it also influenced her decision to start the bachelor 'Nutrition and Dietetics' at the Haagse Hogeschool. Sharloth Gomez, 21, is a student in Groningen has been a vegan since 2017. She submits videos of her meals on her YouTube channel – Vegan Chacha – which also allows her to practice her hobby of making videos.

- **WHEN DID YOU FIND OUT ABOUT VEGANISM?**

"Around 2015, I watched videos of [the channel] Freely on YouTube. After this, I didn't think about it for a while. Around 2017, I started watching more videos about veganism and I had some friends at the time who were vegan. This encouraged me, so in November 2017 I attempted to 'go vegan' for a week."

- **WAS IT EASY TO 'GO VEGAN' FOR A WEEK?**

"There's a difference between knowing what veganism entails and knowing how to eat balanced. I only knew about the former, so after that week I thought, 'this sucks, this isn't for me'. But I already knew about animal agriculture, so I decided to become a pescatarian because eating meat bothered me."



- **WHAT MADE YOU DECIDE TO BECOME A VEGAN?**

"Eating fish also bothered me, because it was still an animal. I became a pescatarian in January 2018 as a transition towards veganism; it was successful and I realized I did not need red meat."

- **HOW WAS THE PROCESS TO BECOME VEGAN?**

"After following a 1-week course on how to cook vegan and vegetarian food, and the realization that I couldn't enjoy meals containing animals, I decided to become a vegan. My mom was a great role model during this whole process."

- **WAS IT DIFFICULT TO BE A VEGAN IN ARUBA?**

"When I lived in Aruba, my diet consisted mostly of fruits, vegetables, and beans. In Aruba, it's expensive and difficult to be vegan if all you eat is processed vegan food. But, if you can experiment, and you like fruits and vegetables, it's not as difficult. For me it wasn't hard, you just have to know what to cook."

- **IS IT EASIER TO BE VEGAN IN THE NETHERLANDS?**

"Yeah, mostly because fruits and vegetables are cheaper here. Vegan cheese and tofu are also cheaper. Sometimes, they're even cheaper than meat! I still follow a whole-foods diet, though, every now and then I eat vegan junk food."

- **WHAT IS YOUR ADVICE TO SOMEONE CONSIDERING VEGANISM BUT IS UNSURE?**

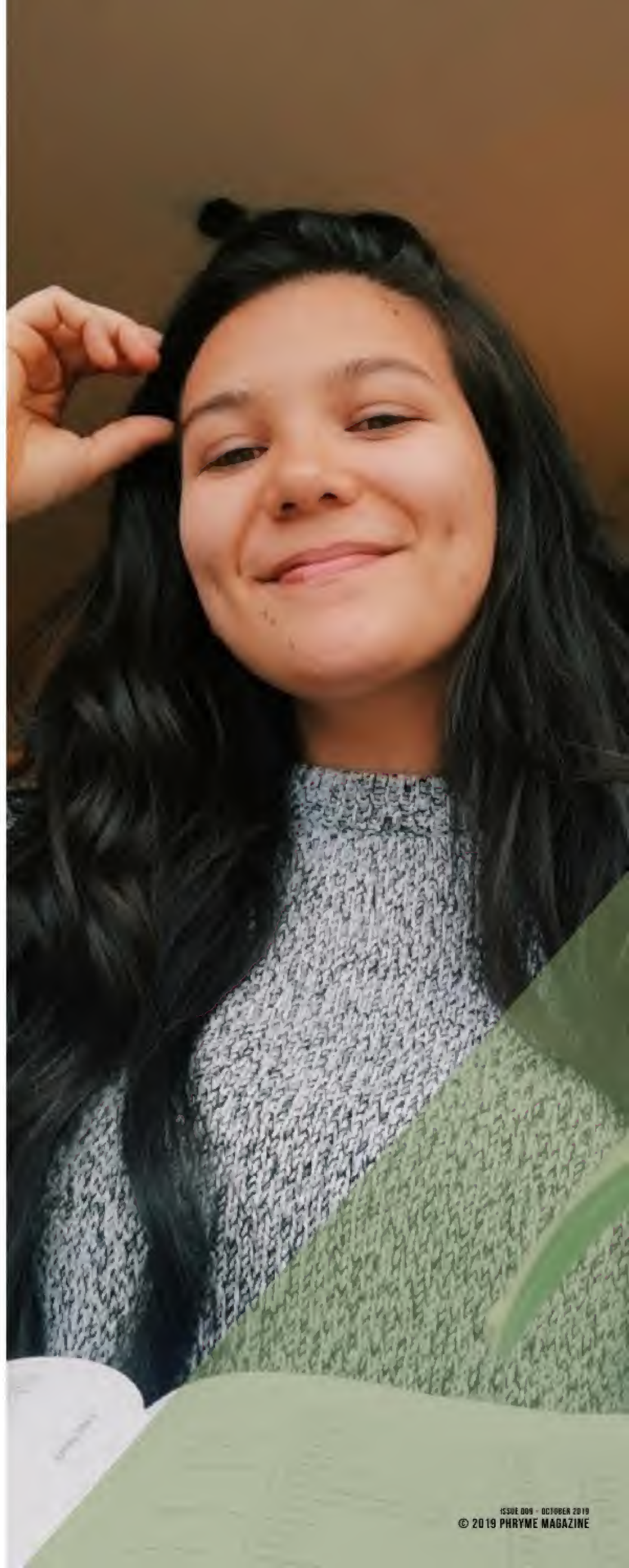
"I would ask them what they're unsure of. What made me become and stay a vegan was and is research. I became a vegan for ethical reasons, but there are also many health benefits. The fact you're considering it is already good because you're thinking about it. Research what you're unsure about, but be careful about the sources you use."

- **CAN YOU TELL ME A BIT ABOUT YOUR YOUTUBE CHANNEL?**

"I'm a culinary student and I thought making videos could be a fun hobby and I could gain a community. That was my initial thought and reason for starting a YouTube channel. Then I posted my first video and it was cringe. But the more I do it, the better I get at it. I am also spreading a message that I believe in. The more voices in a community, the bigger it gets."

In conclusion, there are different reasons to become a vegan. Sharloth says hers were ethical, but that there are other reasons too. It also wasn't something that happened from one day to the other – there were difficulties and missteps, but having a community and/or role model(s) can help. Sharloth has also managed to make a hobby out of her interest and lifestyle.

You can check out her Youtube channel: [Vegan Chacha](#) and her Instagram: [vegan_chacha](#).





ENCOURAGING THE CHANGE OF STUDIES

A LOOK INTO THE MILTENBURG RESEARCH AND THE EXPERIENCES OF ARUBAN STUDENTS

In Aruba, it is 'normal' that many students go to live and study in the Netherlands after they graduate from high-school. It is not easy to leave a place where many have called home to live in a new country, without knowing what to expect. Arriving in the Netherlands might be shocking for a lot of students for various reasons, but in this article I want to focus on the changing of studies.

Can you imagine the numerous of options the Netherlands has when it comes to study programs? There are some many didn't even know could be an option to study. Usually, students leaving from Aruba pick a program and when they start following the courses, they realize it's not something for them after all. It is then when they start to doubt themselves, and go through a questionable phase. Coming from Aruba myself, it is very noticeable that many Aruban students may think that they have failed and that they are a quitter – but that shouldn't be the case. Clearly, it is not an easy decision to change study and to choose a new one.

In 2018, Huygen found that there are more than 1800 bachelor education in the Netherlands. This makes it more difficult for any student to make a choice about what they should study. A lot of parents want their kids to follow their passion, but as a teenager it is difficult to know your passion. It may take a student three years to find the 'right' study, except the right study does not exist. Someone can not like a study program 100%.

Miltenburg found that, on average, around 30% of HBO students in the Netherlands do not continue with their study in the first year. This may be because the student received a negative binding study advice (BSA) or did not like the study program. In the first year, the students will get many basic courses that later in the study will change and become more in depth. If a student feels a 'click' with the content of the study program in the first year, then you're good to continue. But, if the connection is not there, the study program is not for the student and it's better to change sooner than later.

YOU'RE NOT ALONE.

"I do not regret it at all, I wanted to study something that I am passionate about and that I genuinely wanted to do", says an Aruban female student.

According to her, changing was one of the most difficult decisions she had to make. She started to notice more in the second semester that her study program was not for her. At the end of the academic year, she decided that it was enough; she wanted to do something she liked and that was to teach. One advice she has for other students is that they should not wait too long to make a decision. Nobody should feel bad if it did not work out, a student should feel encouraged. If someone is passionate about what they do, they will work harder!

A student who came last year decided to change his major and does not regret his decision, "it was for the best." He noticed something was not right after the February break in 2019, he was feeling frustrated and demotivated at school. He then decided to do his research about other studies and try to find out what his interests were. His advice is,

"Just think about yourself and think about a study that will lead you to an enjoyable job."

In October 2018, barely 2 months in, Kathleen Wever was crying everyday; she was alone and had no motivation left. The time when she noticed that the study program wasn't for her, is when she did not feel comfortable in class anymore; she did not understand anything about the subjects. One thing she has to say to other students is that you are not the first or last person to change studies,

"You will definitely get people who say 'you are creating more debt', but the truth is, you will rather find yourself with 'more debt' and being happy in what you do then to be with debt and miserable"

More importantly, Kathleen thinks that students should go to open- and orientation days of universities, and educate themselves about the studies that they have in mind.



Another talented student who decided to switch studies because the study program did not match her expectations. She noticed that the study was not for her when she began to lose interest in the subjects, and then she realized that this is not something she would see herself do in the future. Inmiddealty, she went to open days and started a new study in February 2019. The scariest part for her was to tell her family about it, but she made sure to have a plan before telling them and the best part was that her family was supportive.

There are many students who are having breakdowns and feel like they should keep doing their best for 4 years long. A lot of us have the mentality that you have to finish something, otherwise you have failed. There are many of us are wrong! It is okay to make changes in your life based on your feelings, it is your life after all. In the Netherlands, there are many options and you have the opportunity to start a new study program in September or February. One thing students have to keep in mind is that you can not like a study 100%, you need to feel some sort of connection. If you feel like you are beginning to force yourself to keep doing a study, then the best option is to open your laptop and search for new studies, attend open days, talk to your mentor at school and, most importantly, to talk about it. For all the students out there, change is not a bad thing, it lets you grow as a person.



LIVING IN THE CITY *of* STARS.

For an Aruban to move and start a new life is often usual; as most students who finish high-school in Aruba do so. However, to move to the city of Los Angeles in California? Now, that is something that rarely happens. At the age of just twenty, Alexander Gonzalez decided to start a new life in the city he's always dreamt of living in. After graduating HAVO in Aruba, unlike most students, he decided to take a much-needed gap year,

"I wanted to work, travel and explore my options; to find out what I wanted to do and see what would spark my interest. I also got a job and saved for when I moved to Los Angeles."

He chose Los Angeles because he always saw myself living there as a young kid. He would always speak to his parents about moving there as a kid and going to school there, *"I'd say this was influenced by movies and television shows I used to watch back in the day and then doing my research."*

He explains that the experience has been better than expected, *"At first, you really feel like you don't fit in and that it's hard to make friends but that's mostly from trying to integrate yourself into the city and its people."* Alexander explains that, because there's so many things to do in Los Angeles, it's important to take everything one step at a time otherwise you really get overwhelmed with everything. For him, getting used to the weather was no problem, *"It's nice and warm during the day, like in Aruba, and cold and chilly at night!"*



The Netherlands was one of his first options for the obvious reasons. It was the 'safest' bet and you had counselors who knew exactly how to get you to do everything and could lead you through the right path. As time went by and he grew up, he wanted to do his thing; to create his path and step out of the comfort zone that people were following.

"I found a challenge in Los Angeles, a challenge that is something that many would not take because they fear things such as being alone and not knowing where to be and where to go, fear of not being accepted for who they are. I took this challenge along with my dreams and made it possible through a lot of research and making sure I knocked on every opportunity."

Alexander created a GoFundMe with the purpose of getting the help to afford necessities for school, "I raised enough money to help me with some of my applications, which cost mon-

ey towards each school where I applied. It's something that I encourage everyone to do. If you have a good purpose, you have a dream and a goal that you need a hand with. I'm sure that everyone who lends you a hand in life with anything gets blessings upon them which I think is great."

- **DIFFERENCE BETWEEN ARUBA AND LOS ANGELES?**

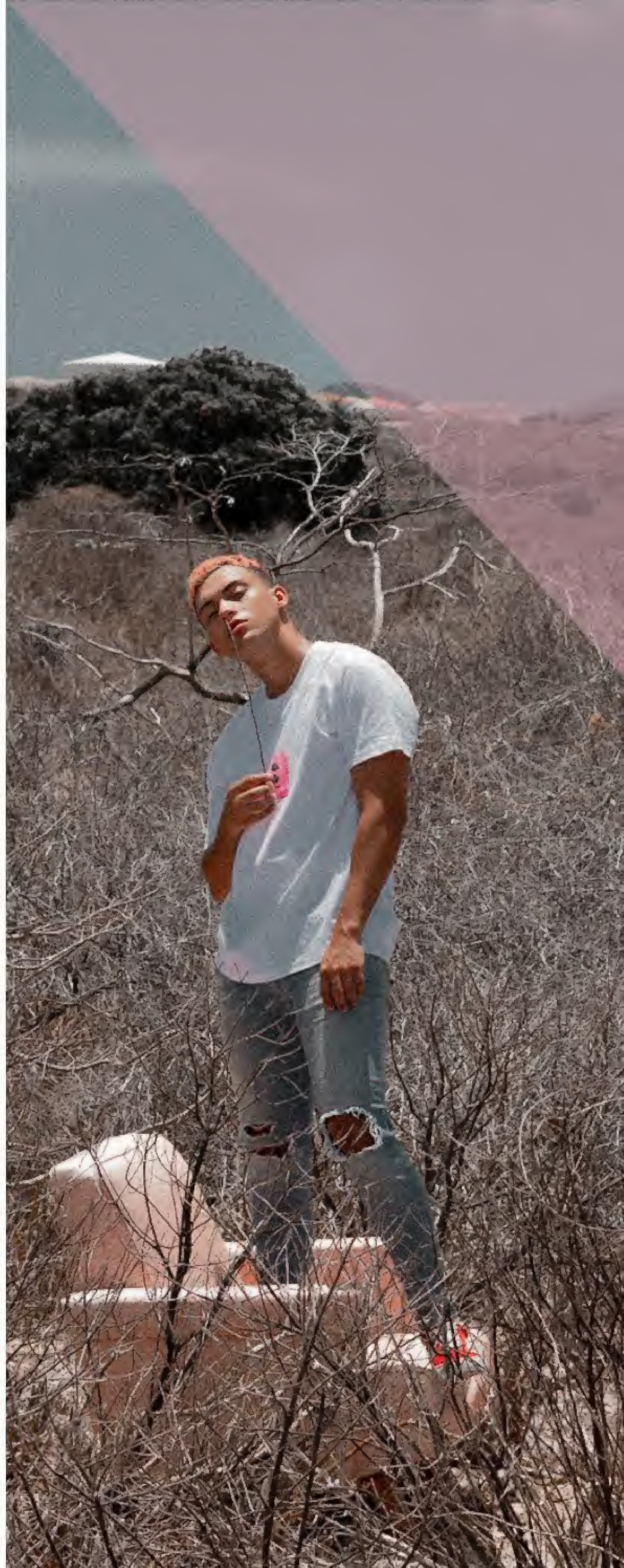
"College is an experience; from living in dorms to attending your school's football games to joining a fraternity where you make long-lasting friends and even the parties. Living in the US gives you the freedom to drive from city to city or to a different state with just your car and a full tank of gas. I think that makes it really special; how it's so accessible to travel."

As you know, Hollywood is the home to those big blockbuster movies we love so you could be walking on the street and having Dwayne Johnson or Adam Levine walking next to you, it's something that in a way is very surreal but very cool! Alexander is now following a media journalism major program, *"It is basically journalism but more digitalized into this new era. It allows me to be able to report, write and create for companies such as BuzzFeed, Complex and YouTube. It opens a lot of doors for the Entertainment Industry, especially here in Los Angeles where there is always something happening."*

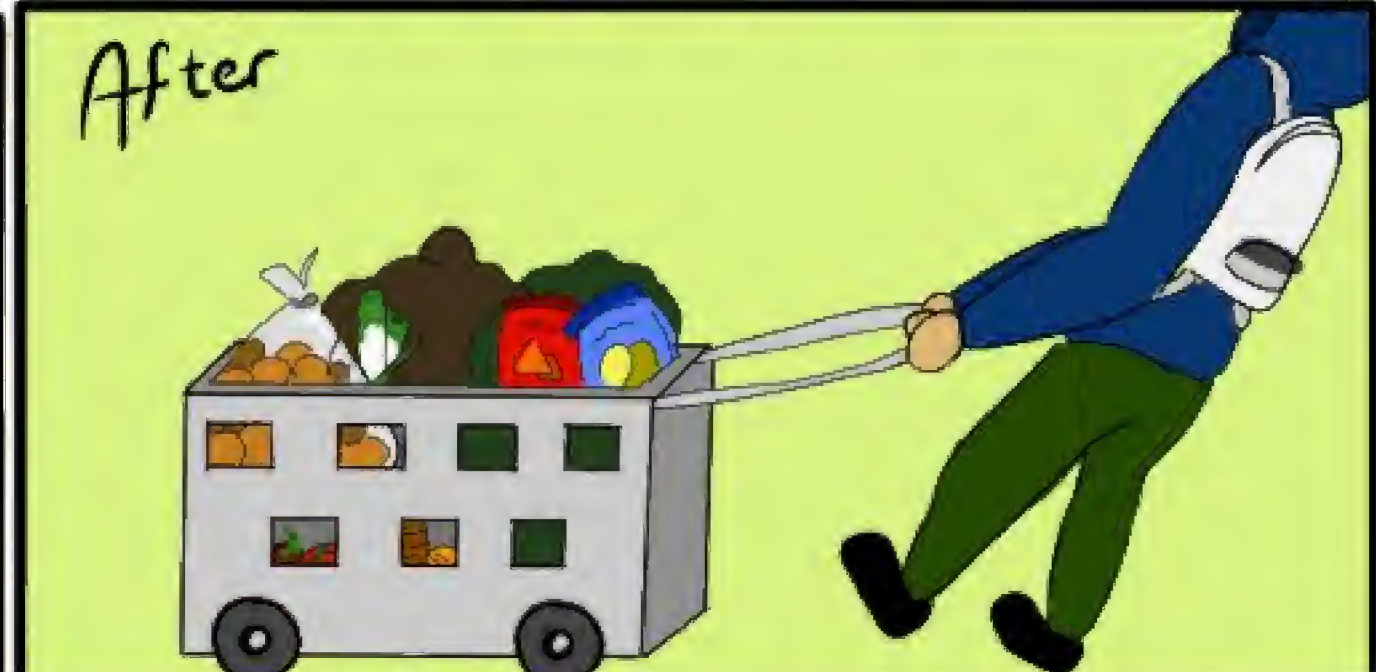
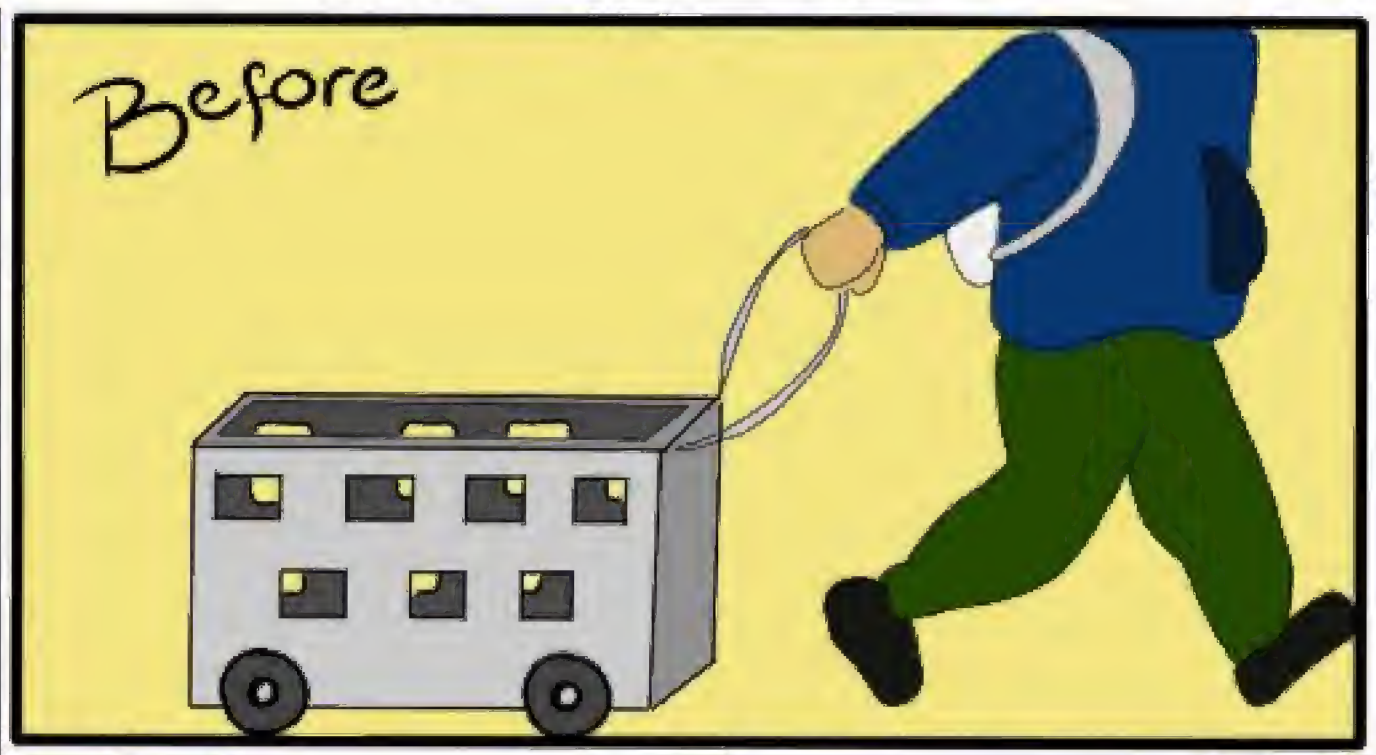
In his free time he enjoys watching movies and watching television shows, *"I really like going to live television shows tapings such as Jimmy Kimmel Live! or The Late Late Show with James Corden. I like to take pictures and make videos. I enjoy reading as well as going out and exploring the city and attending college parties."*

One of his biggest passions is acting, so he tries to emerge in as many possible acting gigs as he can while being a student, *"It's difficult to narrow myself down to a few hobbies because I'm all over the place and Los Angeles has so much to offer that you really have unlimited interest from where to choose from."*

One of his plans for the future is to work for a big company such as E! or Complex as one of their correspondents, either in front of the camera or on the creative side of it, *"I think that, for me, it's essential to be working in something that is constantly changing. It's never going to be the same job and, through this, you make a lot of connections and meet a lot of new people in the industry."*



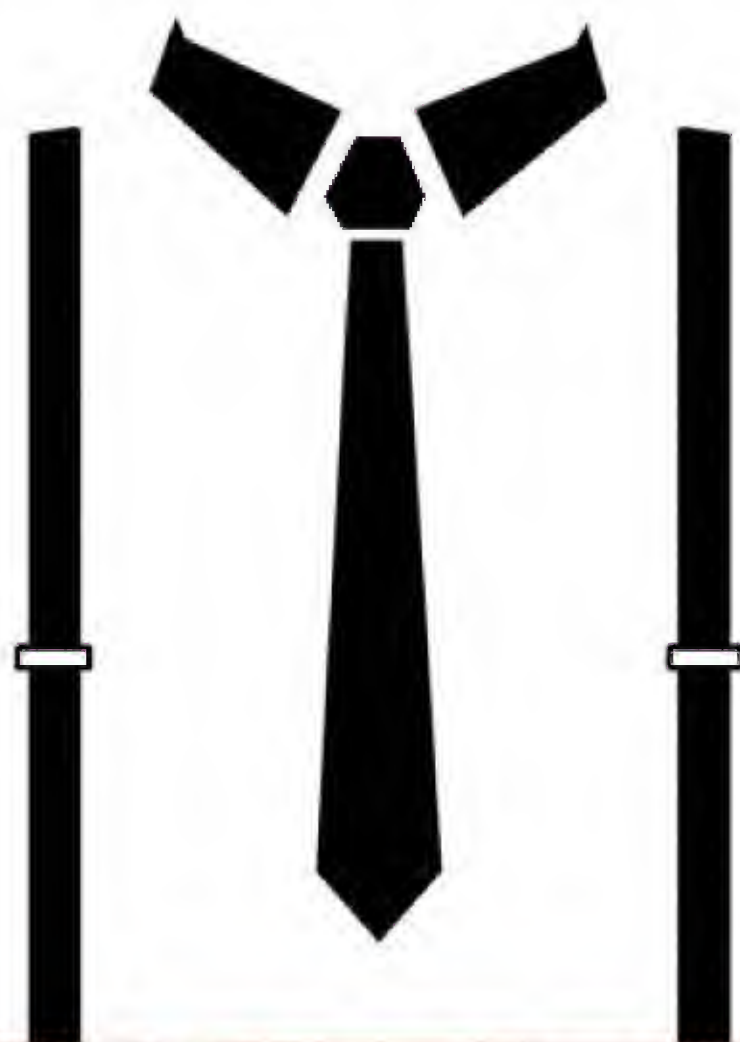
STUDENT PROBLEMS



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PRACTICING **GRATITUDE**



Over the years, many studies have proven that showing gratitude and generally being more thankful in your daily life has many health benefits. Feeling thankful improves your health in direct and indirect ways, by helping you relax and even improving your immune system. Beyond these benefits, people who are grateful tend to have healthier habits and avoid risky behaviors. While these benefits to gratitude sound fantastic, it's also easy to introduce into your daily life. To help you on your way to a more grateful life, here are seven tips.

1. VOLUNTEER

Giving back to your community is a good way to help you see the things you take for granted in your day-to-day. Other than showing you how good you might have it, you are giving your time to help others have a better life as well, it's a great way to spread the gratitude.

2. TRAVEL

This might sound like an odd suggestion but experiencing different cultures is always a learning experience. It doesn't just connect you to new people, but it also opens you up to new and different ways of living. It reminds you that the world is big, and you are lucky enough to be able to explore it and all it has to offer.

3. SPEND MORE TIME WITH YOUR LOVED ONES

It's often said that it takes a village to raise a child – think about it, you probably didn't get to where you are in life without the support of loved ones. Being around those who love you (and who you love) promotes gratitude and connects you to other people. Make sure that when you are spending time with your loved ones you are also expressing your appreciation for them. By doing so you are not only strengthening your bond with them but you're ensuring that gratitude is a component of your relationship with your loved ones.

4. WORK-OUT

Elle Woods had a good point when she said that endorphins make you happy. The endorphins you get from exercise not only allow you to live a healthier life, but it also clears your mind and reduces stress which are keys to a thankful attitude.

5. TAKE ACCOUNT OF THE THINGS YOU ARE GRATEFUL FOR EVERY DAY.

Some experts advise you to speak out loud the top things you are grateful for every day, others tell you to keep a gratitude journal. However, what you do is up to you. An advice is to put into your routine the habit of mentioning things that matters to you. In this way, your mind will store all these little things that you are grateful for, so that you can recall the blessings in your life when you are going through a rough patch.

6. EXPRESS YOUR GRATITUDE TO OTHERS

Brighten the day of those who brighten your day by sending a thoughtful message to thank them for their gesture. It's easy to feel grateful in the moment, but it's a good reminder for yourself that you are not alone and there are people around you who are willing to help you. As an added benefit, expressing gratitude has been proven to increase your own happiness as well.

7. THANK YOURSELF

Self-compassion is an essential part of self-love. Thank yourself for hanging in there through all your daily activities, thank yourself for taking the time to reflect, and for trying. Gratitude starts and ends with how we treat ourselves.



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COVER FEATURE:



Martes means Tuesday.

Three sisters
whose styles
you just
can't ignore.

Perfect for fall, this issue's cover feature includes the Martes sisters. With a passion for fashion, photography and style, Hadassah, 33, Naomi, 29, and Priscilla, 26, have stuck together ever since losing their mother before they were teenagers. While their taste in fashion and interests are often aligned, they have completely different personalities and decided to embrace their individual passions. In this interview, they open up about how losing their mother impacted their lives, their fashion style, how hard it is to be consistent with a blog, and why they took the decision to focus on their individual interests.

In order to understand the bond that the Martes sisters share, you first have to understand their childhood, and the promise Hadassah, the eldest of the three, made to their mother. Hadassah was just 11 when her mother passed away, and felt completely shocked, *"In my 11-year-old-mind, my parents were always going to be there and I thought they would never die"*. For a long time after, Hadassah felt like her mother had abandoned them, *"We knew she was sick, but death never came to mind."* As the eldest sister, her mother asked her to promise that she would always look after her sisters, *"That somehow clicked in my mind, the responsibility was there from 11-years-old."*

When we asked the sisters where they get the inspiration for their fashion style, they laugh and admit that they think that it comes from their late mother. Funny enough, they have an older sister who is also into fashion, which helps them confirm this theory. The sisters explain that their mother was born in Aruba, but grew up in London. While on vacation in Aruba, she met their father,

"Apparently, everyone was surprised that my father, who has a 'chapo' style, found our mother, someone with a stylish sense of fashion."

Of course, this the sisters know now. However, from a young age, both Priscilla and Naomi would always follow Hadassah, *"She's older, so we always followed her. She would always tell us what's in. Of course, we loved it, but she was the one to always show us the different styles and colors we could wear,"* says Naomi.

Hadassah admits she went through an awkward phase during her teenage years. She didn't know what to do with her hair, didn't know what to wear and while the most girls her age were starting to wear makeup, she was clueless when it came to makeup,

"I WOULD ALWAYS CUT OUT OUTFITS FROM MAGAZINES THAT I LIKED, AND KEPT THEM IN A BOX AND I KNEW THE LATEST FASHION TRENDS".

However, she had no idea where in Aruba she could buy these clothes and never knew how to actually get to the point of wearing them. It was when they got the opportunity to visit their aunt in the US, that they really started visiting more stores and tried buying the clothing from all the magazine pieces they collected.

Coming from Aruba, it's not a surprise that some people may have had different opinions regarding their fashion style, *"Sometimes, people would tell me that I dress like a man, just because I prefer my clothes to be oversized,"* Priscilla shares. *"I think you can consider my style to be chic, classy, while Priscilla is more street and Hadassah is a mix of both,"* says Naomi. Their brave and confident, fashion style never stopped them from wearing what they liked and felt comfortable in, even on the street of Aruba they embraced their interest in fashion. Since all three sisters like their clothes to be oversized, they've heard questions regarding their sexuality,

"Our hairs were weird; I was pretty much bald, Priscilla had a Mohawk, and people would comment on our looks," Hadassah adds.

Looking back to their high-school years, they recall never wanting to go after the crowd. Since they always kept up with fashion styles, they were usually the first ones wearing what's in, which people would question and give weird looks to, but soon those people were also the ones wearing those styles, like skinny jeans, for example. While they received various of these comments, they received a lot of compliments from teachers from Aruba's Art Institute Ateliers '89, which made them feel more confident.

Their journey in the Netherlands began with Naomi, the middle of the three sisters, who moved to the Netherlands a month before her eldest sister, in June 2013. Today, the three sisters live in Amsterdam at a house they were lucky enough to find, thanks to Naomi. When we asked them how they can afford their interest in fashion,

"WE'RE HUGE BELIEVERS IN VINTAGE AND SECONDHAND CLOTHES, WE DON'T BELIEVE THAT IN ORDER TO BE STYLISH ONE MUST WEAR EXPENSIVE BRANDS."

Of course, they're also lucky to have gotten a job at the Van Gogh Museum since they first arrived in the Netherlands.

It was in 2011 that they decided to start their first blog - Linton from London, named after their late mother's maiden name. They were inspired to start blogging the vintage clothing they would wear and showcasing the photographs they captured. However, when they arrived in the Netherlands, they got super busy with school, work, etc. and decided to stop. They had already gained a community at that point, and their nice followers would contact them to ask when they would come back, *"We started various times afterwards but then after a while, we just stop. I think our followings gave up on us by now,"* they laugh.

Currently, they have Tuesday in Amsterdam that they started in October 2018]. Their last name 'martes,' translates to Tuesday, hence the name and because they would post a new blog every Tuesday. The sisters mumble in confusion as they don't recall whether this is the 5th or 7th time they have



**"WE WANT TO DISCOVER WHAT
WE WANT FOR OURSELVES AS
INDIVIDUALS."**



"WE WANTED TO START WITH T-SHIRTS AND WE ALWAYS PLAN IT BUT IT ALWAYS STAYS AT THAT STAGE."

re-started with their blog, Hadassah explains, *"I think we've just been so busy with our own lives, and trying to combine it just doesn't always work out."* In addition, they recognize it takes a lot of discipline, is a lot of work and the cold, rainy, winter months do not help. Right now, they have decided to take a break, *"We want to discover what we want for ourselves as individuals."*

This break from blogging together comes after they wanted to start a fashion brand together, but soon realized that 'the ball just wasn't rolling.' Since the very first year that they arrived in the Netherlands, their goal was to start a fashion brand, *"We wanted to start with T-Shirts, and we always plan it but it always stays at that stage."* After their 2019 summer vacation in Aruba, the sisters decided that it was time to reflect and figure out what they want for themselves as individuals.

"I personally felt like my being was always connected to my sisters. We felt like, simultaneously, we should all figure out our individual passion," Hadassah explains.

For her, this meant starting back with her Criminology education at the Vrije Universiteit. Having first lived in Canada for 5 years, Hadassah moved to the Netherlands to study fashion, but still always wanted to pursue Criminology.

Naomi graduated in Fashion Design at Roc Hilversum. Currently, she is in the process of starting her own business in the fashion industry to design her own styles. *"Maybe I won't create patterns and sew clothes, but a dream of mine is to design my own ideas and see them on runways."*

As for Priscilla, she completed a photography and photo styling course and right now would like to focus more on her photography and music. She currently does photoshoots and hopes to grow bigger in that area where she could earn an additional income. Her father has a music background, and Priscilla aims to achieve more in music. She currently follows courses in order to stay on track with her music, *"I play guitar, bass, percussion and piano. My dream is to create and play music."*

Just like every sibling relationship, the sisters reveal they have arguments 'all the time' but, they've never let any argument affect them to the point where it makes them go too long without speaking. They value open communication, honesty and acceptance. Their personalities are also very different, Naomi shared, *"Priscilla is the outgoing one, she makes friends very quickly. Hadassah looks very intimidating, she is straightforward and tells you as she sees it and I'm a little shy and quiet, until I'm comfortable."*

While five years in the Netherlands may seem long to some, Priscilla still feels like she has a lot of Europe yet to discover and explore, "I've been here for 5 years and have not yet visited Paris or Germany, for example." She continues to add that Aruba is home, and home will always be home; somewhere you can go back to,

"IT WAS NEVER THE IDEA TO COME TO THE NETHERLANDS JUST TO STUDY AND GO BACK TO ARUBA IMMEDIATELY"

Naomi adds that she is used to the fast-phased lifestyle that the Netherlands has, and that when she feels that she has seen enough, then maybe she will return to Aruba to live.

With Canada in their thoughts, much of the Netherlands left to discover and Europe to explore, we can only wonder what's yet in store for the Martes sisters. Whether it's as individuals or the three together, one thing is for sure, these sisters have talents and fashion styles we just couldn't ignore.





The
Martes Sisters



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Shewska

**SHE CHANGED
THE OUTLOOK
OF MANY
WITH THE
SUPPORT
OF A FEW.**



Promoting art and culture one piece at a time, the one and only Shewska Verberne Pantoja. A designer, creator, dancer, who has turned her hobby into her passion. This drive has grown inside of her as she was turning into the entrepreneur that she is today. Holding a bachelor in business administration with a specialization in international business consultancy, she has started her own business named SHEWSKA.

At just 25, Shewska shows how she is a disciplined, dedicated and motivated person. Not only is she an artist with many talents but one of the students that has grown into a respected woman.

SHEWSKA is a business established in March, 2019 that sells handmade jewelry and accessories. Each piece sold promotes art and culture from around the world. In addition, the pieces tell a story with a meaning that is closely related to the artist, the places she has lived or visited. The purpose of this to let the customers feel an inspiration and a motivation to meet the different cultures from across the world.

"I am very happy at the moment, we launched our new collection named TERA, which is inspired in Aruba. So I am very excited to share it with all of you, it was elaborated with pure love."

In addition to handmade jewelry, SHEWSKA also offers consultancy which provides its customers with marketing tools and business development plans for

small companies and entrepreneurs. The technique used behind these consultations is primarily based of the values of SHEWSKA; to be personal and more transparent.

Lastly, the side of entertainment. For the most part, it revolves around doing one of her favorite things - dancing. She is part of the salsa dance team named Ahinama and dances for a Brazilian entertainment company named Fidelinas. The passion she has in this art has motivated her to start a new entertainment organization in collaboration with a friend named Artistic Nation Including Multicultural Origins (ANIMO). ANIMO includes dancers with different backgrounds, united as one.

As amazing and self-sufficient Shewska might be, she is aware it is also thanks to her support system in her life. Her boyfriend, friends, and family have really believed in her. This has made her open her eyes and work through it. She is always grateful for those who do have her back regardless of her situation.

"We are in this society where we support celebrities that we don't actually know more than our friends, or we spend money on products from corporations but we wouldn't buy local. Yet we feel victims of the "system", without changing our behavior."

For those interested in shopping SHEWSKA, here is the website: www.shewska.com



Promoting art & culture
through handmade jewelry and accessories



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shewska

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DIGITIZED? NO!

BITIZED

THE BUSINESS VENTURE OF MARCEL CROES & CHRIS DE WINDT



WHAT IS BITIZED?

Bitized is a creative agency that makes digital products like websites, applications, and logos. The name 'Bitized' came from the word 'digitized', they replaced the word 'digit' with 'bit' and bam!

Bitized focusses on clients from Aruba, Bonaire, and Curaçao because the main purpose is to give back to the countries where Chris and Marcel are from, "We feel like there is not sufficient support for our countries when it comes to I.T."



"WE FEEL LIKE THERE IS NO SUFFICIENT SUPPORT FOR OUR COUNTRIES WHEN IT COMES TO I.T."

ABOUT CHRIS AND MARCEL

Bitized consists of the Dynamic Duo Chris de Windt and Marcel Croes, former classmates, then friends and now business partners. Chris and Marcel met one another while being in the same class in the second year of their studies. In Chris' free time, he enjoys taking on home automation projects, and Marcel enjoys taking on programming projects, *"This is how Marcel and I became closer. We would help each other out with our projects."*

The idea of Bitized started a bit with Chris not really being fond of working for someone, *"Even at my internships, I felt like I was trapped because I could not use my full potential; I had to just follow orders."*

At the beginning of this year, Chris was helping Marcel out with his thesis where Chris joked about dropping out of school and starting their own company. A few weeks later, they talked about it again on a more serious note,

"...AND A FEW MONTHS LATER, ON ARUBA'S FLAG AND ANTHEM DAY (MARCH 18TH), WE WERE AT THE CHAMBER OF COMMERCE SIGNING PAPERS."

THE MISSION OF BITIZED

At Bitized, Chris and Marcel want to be able to give back to their countries by creating an amazing environment both for their clients and their employees, *"Putting people at the center of web development. That is what we stand for."*

"THE ENERGY YOU GET FROM WORKING WITH PEOPLE WHO ARE AS EXCITED AS YOU ARE ABOUT A PROJECT MUST BE ONE OF THE BEST FEELINGS IN THE WORLD."

Of course, starting up Bitized brought some risks and challenges for Chris and Marcel, the duo also works full time, *"Just working different jobs is a challenge itself and one of those jobs being your own company is like the cherry on top."*

The risk is always there that the company might not succeed as how you would want it to. Most of the challenges the two faced were the usual things a startup IT company goes through, like handling things such as taxes, *"There is so much for us to learn. Luckily, we have an awesome team helping us."*



The reason why Chris and Marcel decided to startup Bitized instead of working for another company is because they want to give back to the communities where they came from, thus also creating more job opportunities from the people of the ABC islands. They want to build an environment for their employees to feel at home when they're working at Bitized. At Bitized you won't have to worry about getting fired because of performance issues, you'll get coached instead,

“TO BE ABLE TO GIVE ALL THIS TO A PERSON MUST BE ONE OF THE BIGGEST ACHIEVEMENTS”.

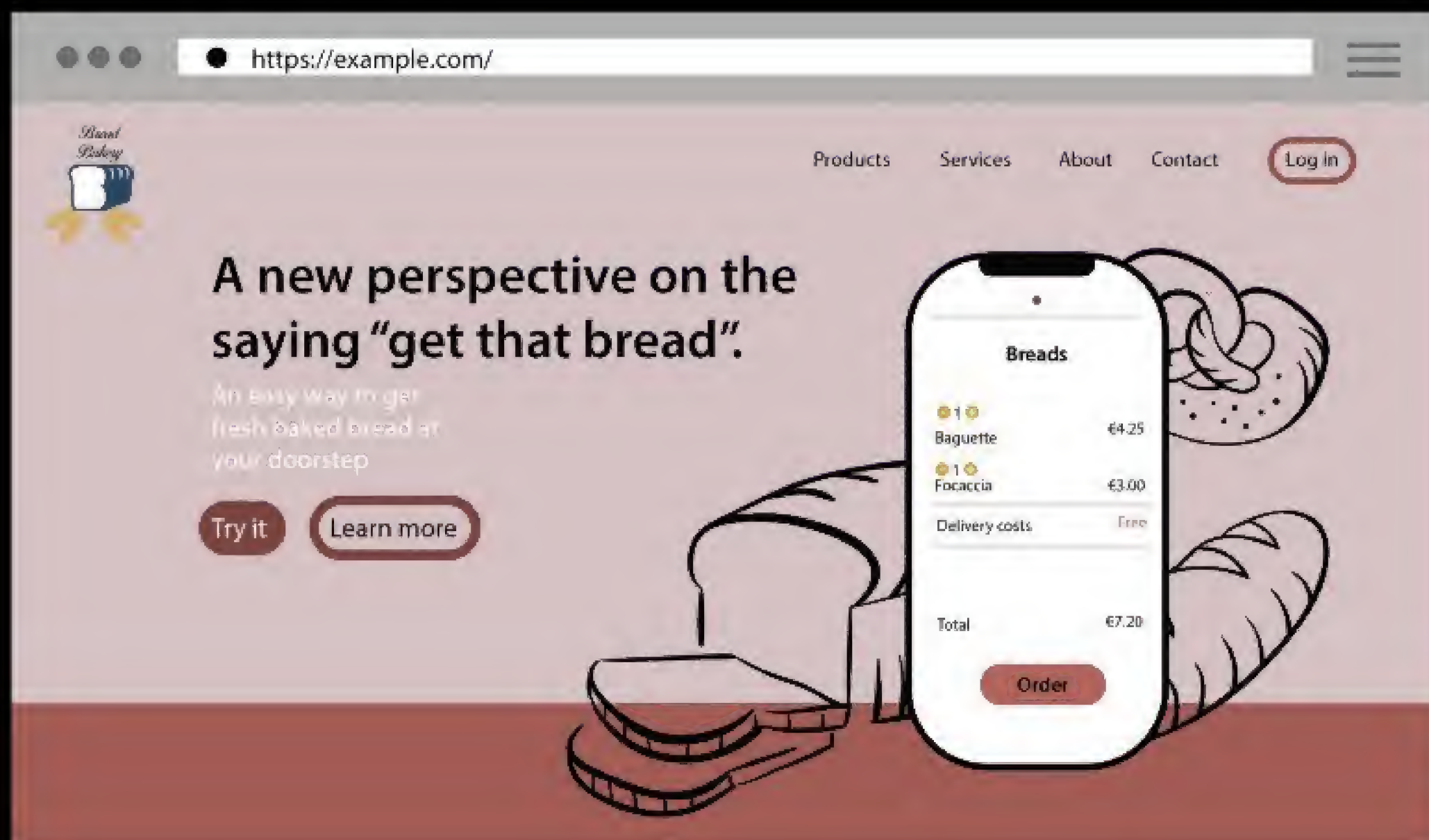
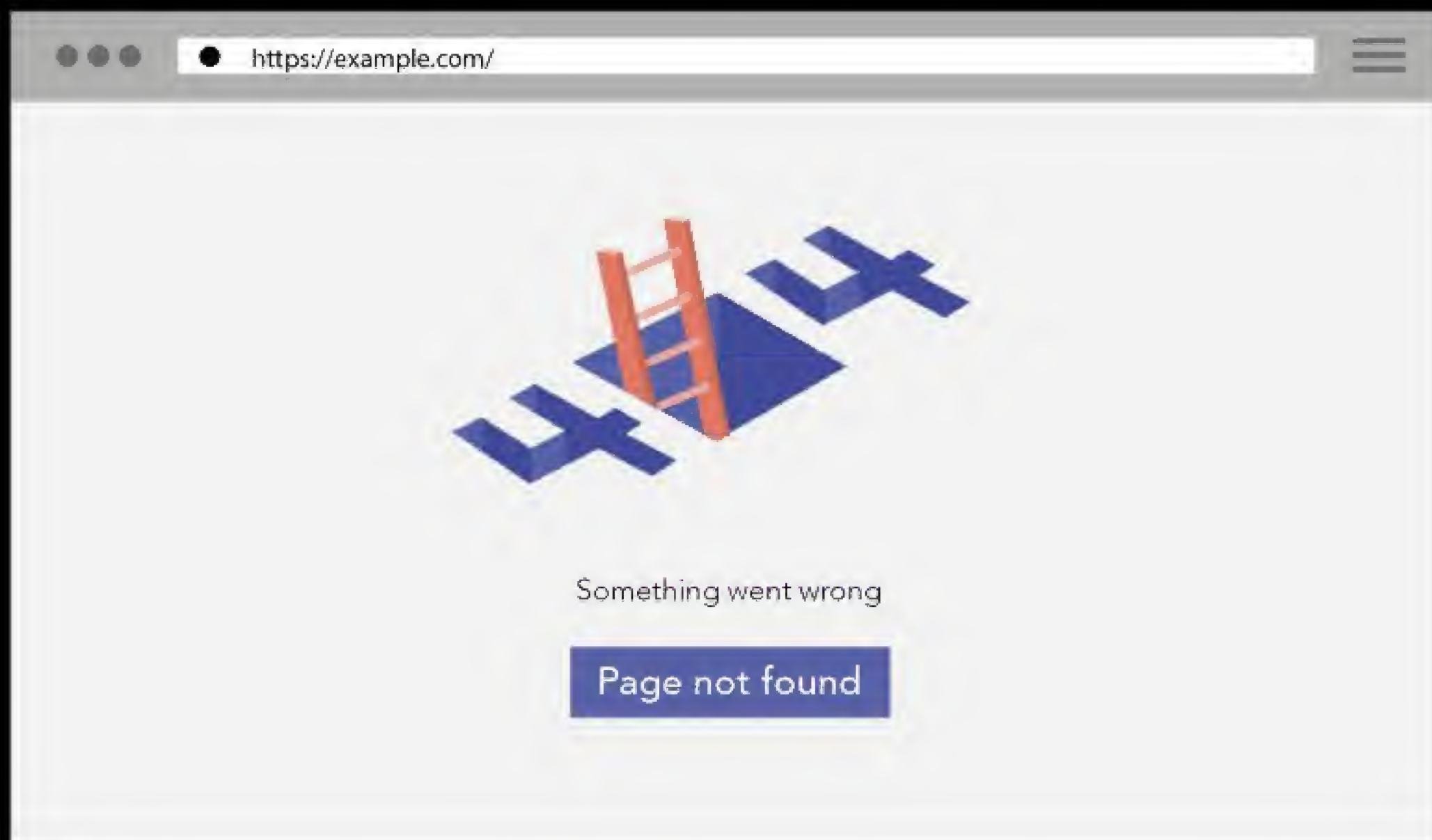
THE BRIGHT FUTURE OF BITIZED

being more of a leader in the company instead of solely a programmer. He sees himself doing more administrative work and making sure everyone's needs are fulfilled, *“Sure, I can just go work for a company in Aruba or Curaçao but having our own company gives us the ability to do more.”*

The best thing about Bitized is that two great friends, who share the same mission and values get to work with one another. The two are really motivated to work together, but they also know when to have fun. It is said that working with your friend could ruin your relationship, but this is not the case for Chris and Marcel, their friendship has only gotten stronger by working together,

“WORKING WITH A FRIEND MAKES THE JOB EVEN BETTER AND ENJOYABLE”

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What is your **PURPOSE?**

While this may sound like a very deep and existential question, it's meant to evaluate where you are in life and if you are on the path we have set out for ourselves. We often think of our purpose as how we use our 'special skills' to serve the world and those around us. Our purpose often connects us to others, which is why when we are doubting our purpose, we often feel disconnected. This is because once you find your purpose you are set on a path that brings you in to contact with others traveling the same path and, in turn, creates your community.

For those out there lucky enough to have already discovered their purpose, this article will help you evaluate if you're still certain of your path. For those who haven't yet found their purpose, this article will help you on your way with 4 tips on finding your purpose.

1. READ

The first tip may sound odd when it comes to finding your purpose but think about it for a second. Reading connects you to people you've never met through all of space and time. Reading has been proven to give readers a deeper sense of meaning and purpose by helping them gain insights into the characters lives and actions that they would otherwise not come across. Purpose can be considered an act of imagination, as one often imagines where they want to get and then works towards that image. When you think about it in these terms, connecting reading to finding a purpose isn't all that odd as reading is a known way of boosting the imagination of readers.

2. EXPLORE THE THINGS YOU LOVE AND COME EASILY TO YOU

This may sound like a given. But we often forget to ask ourselves the questions what do I love? What comes easy to me? Even when we do ask ourselves these questions, we forget about finding ways to connect the answers to each other. It will always take work to develop your talents and skills, but you'll have noticed that throughout your life there are some tasks that we master much quicker than others. Often these tasks are also the once we enjoy doing the most and love to delve deeper into them even if they are difficult. Finding your purpose will always start by answering and connecting the answers to these two questions.

3. TURN PAIN INTO HEALING

When we talk about purpose, we often forget that our purpose isn't just intellectual, it is also how we feel. Many times, we find our purpose because we feel passionately about the topic or task. We feel so passionately about it because we either want to heal our own pain or the pain of others.

4. DEVELOPING THE FEELINGS OF AWE, GRATITUDE AND EMPATHY

These feelings are well-known for promoting health and well-being, but they can also promote a sense of purpose especially connected to the previous tip. Being in awe of the world around us, makes us not only feel like a small part of something big but it also makes us want to bring positive change and make a lasting impact. The same thing with gratitude, having a grateful mindset allows us to want to contribute the world beyond ourselves. Having empathy is important in finding our purpose as helping others is associated with having a meaningful (read purposeful) life. To be able to help others it is essential to be able to empathize with them.

Finding your purpose is key to living a meaningful life. Beyond these four tips, you can always know if you're on the right path by listening to what others value about you. You'll know you're in the right place if your community values and appreciates your efforts. Your purpose often arises when we question our lives. Meaning that, while reading can help you find your purpose so can writing. Once you've found your purpose, share your story. Without knowing it, you may be helping others to find their purpose.

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The power *of* WOMEN.

THE LOVE STORY OF NIKKI & SARAH

Let me introduce you to a love story way beyond your own imagination. Meet Nikki and Sarah, two girls that took everybody by surprise and are madly in love with each other. Nikki van der Vaart and Sarah Yegüéz are the example of always giving something a shot and see which adventure life will take you on.

Sarah, currently a student of Artificial Intelligence at the University of Amsterdam. She's someone who's very charismatic, passive, relaxed and living her life one decision at a time. Truth is, so far it's been going good. In regards to her sexual orientation, she had known she was into more than the opposite sex quite some time ago.

On the other hand, you have Nikki – your all-around fashionista, hair and make-up stylist. She's always up for a party and always the life of the party. She is currently studying communication and multimedia design at Hogeschool van Amsterdam. Was she certain she was interested in people beyond her opposite sex? Well, according to her, it is not like she was not. Yet, she had only been with boys or men, what you might call it, her whole life.



HOW DID THEY ACTUALLY CROSS PATHS?

Sarah and Nikki had known each other for quite some time already. Since Sarah has been Nikki's sister's best friend for the longest time. Oh yeah, she did THAT. Sarah has been living in the Netherlands for over 4 years now while Nikki has moved to Amsterdam just about a year ago.

It's quite self-explanatory that they would hang out often, since they have been friends for so long. It has always been a small group of friends from back home, Aruba, that would hang out together. Little did anyone know what was going on in Nikki's mind. Months passed by and eventually Nikki had made the first move. Sarah, in all the confusion in the world, hopped on the wagon and they decided to see how this would play out.



FAST FORWARD...

"In the beginning, my crush for Sarah wasn't that big and very easy just to ignore."

"We would always flirt in a jokingly matter but then, at one point, I was not joking anymore and my crush for her had gotten huge and hard to ignore. I found myself always doing little things to be with her and talk to her. That's when I realized 'shit I have feelings for her'. I knew I had to express them otherwise I would go crazy. So one night I finally grew the balls to tell her that I like her. She was obviously taken by surprise because Sarah being Sarah had NO IDEA. Luckily, she did not reject me!!!", said Nikki.

As for Sarah's reason to jump on the train with Nikki was,

"I would always playfully flirt with her and no doubt it was because she always caught my attention."

"I didn't think much about it until she confessed to me one night, I was taken by surprise. I didn't fully grasp my realization in that moment but it was honestly as if I was hearing the most beautiful symphonies coming from her mouth. From there on it just made sense to me, we laugh, encourage and challenge each other but most importantly communicate very well, we're not afraid to tell each other anything at all and understand each other. I'm a simple person in that respect and I found me a girl who does that and sparks it even more! She's my ecstasy. This train is paradise enveloped in light, a hell of delight, you'll find me here until the end of time."

Now they live happily together, with any usual couples' ups and downs.



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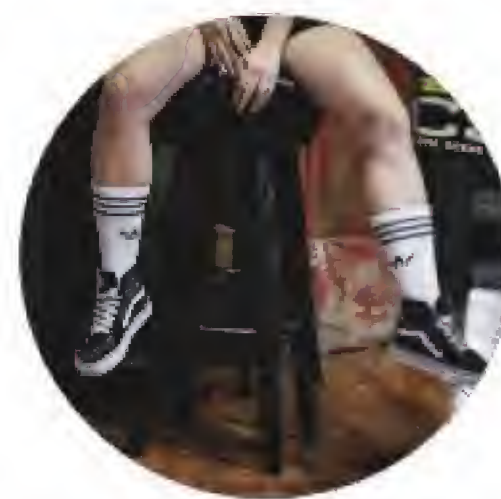
ANN-NICOLLE

Thijssen Dirksz.

Date of birth: 15 January 1998

Study: International Business & Marketing • College/University: ROC Rijn IJssel

Living in: Arnhem, the Netherlands



1. WHAT ARE THREE WORDS THAT DESCRIBE YOU?

"I am a very social, helpful and fashionable person. I love to make new friends and always carry a smile with me. I am a person that would rather see myself struggling than see others in a problem, I am willing to help anyone who needs a hand. Also, every day is a day to dress and impress!"

2. WHAT ARE THE THREE THINGS YOU CANNOT LIVE WITHOUT?

"I can't live without my phone, heel and definitely not my mac lipstick!"

3. WHAT IS THE MOST EMBARRASSING MEMORY YOU HAVE?

"When I was living in Aruba, I went to a Mother's day brunch at Hyatt Hotel. My five-year-old self was curious, so she wanted to take a look at the aquarium of gold fishes. When I went closer to see the fishes, I fell right into the aquarium! To this day I walk far away from aquariums with fear of falling again."

4. WHAT HAS BEEN THE BEST MEMORY IN YOUR NEW COUNTRY?

"The best memory I have till now in the Netherlands, is my dog Charlie. The first year was quite difficult for me and every time I came home, Charlie was right there waiting to cheer me up. After Charlie damaged the furniture in my room, I decided that it was best that Charlie went back to Aruba. The sad part is that."

5. IF YOU DIE TODAY, WHAT WOULD BE YOUR SLOGAN?

"Call me Mami! A lot of guys have asked me to call them 'Papi', instead I tell them, that I am the Mami!"

6. DO YOU LOOK UP TO ANYONE AND IF SO, WHY?

"The person I looked up to the most is my mother, she is my motivation and the reason I moved to the Netherlands, my mom wanted me to have a better life."

#GETTOKNOW:

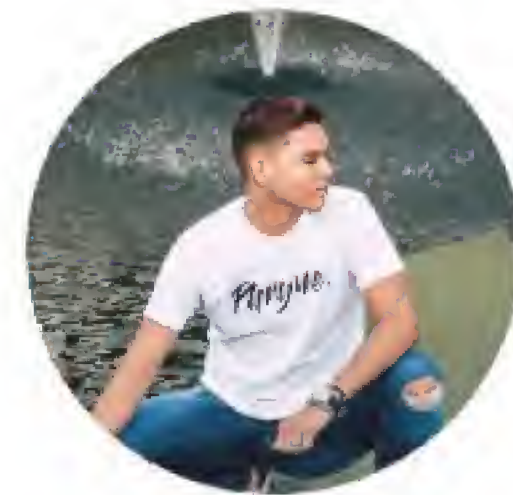
KENDRICK

Holzman

Date of birth: 02 november 1999

Study: Media and Entertainment Management • College/University: NHL Stenden Hogeschool

Living in: Leeuwarden, the Netherlands



1. WHAT ARE THREE WORDS THAT DESCRIBE YOU?

"I am a caring, lovely and funny person. Most of the time, I am positive and is willing to help others when needed. Family is the most important thing to me, that is why I cherish and love them with all my heart."

2. WHAT ARE THE THREE THINGS YOU CANNOT LIVE WITHOUT?

"Obviosly, I cannot live without my phone, headphones and premium Spotify account."

3. WHAT IS THE MOST EMBARRASSING MEMORY YOU HAVE?

*"There is one time that I went to a party in The Hague and rented a hotel to stay the night. On that day, I was so drunk that I could barely walk. A close friend of mine guided me the way to the hotel. However, before heading to the hotel I stopped for a second and screamed 'F*ck the police'. Luckily, there were no cops in sight, so I was free to go."*

4. WHAT HAS BEEN THE BEST MEMORY IN YOUR NEW COUNTRY?

"When I got the keys of my studio was an exciting day for me; I finally have something mine. Another thing that I very much cherish is Christmas. I have created my traditions here in the Netherlands with my aunt."

5. IF YOU DIE TODAY, WHAT WOULD BE YOUR SLOGAN?

"'No entender,' I say all the time and my closest friends know it, because now most of them say it everyday."

6. DO YOU LOOK UP TO ANYONE AND IF SO, WHY?

"My inspiration is my aunt. She is a lovely and caring person that always pushes me to do my best in all the things that I do."





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